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ABSTRACT

The resource guide to the modification of clothing for disabled individuals suggests solutions to clothing, grooming, and home management problems for a variety of handicapping conditions. Services of PRIDE (Promote Real Independence for the Disabled and Elderly) are noted, including manuals on clothing for the disabled, a workshop, a curriculum guide, and special interest information sheets. Specific adaptable children's clothing patterns produced by several companies are described. Also listed are 24 books on children's clothing, dressing, home management, or general interest topics. Ten catalogs are identified and an order form for PRIDE products attached. An information guide on scoliosis is also included, providing guidance for clothing selection (tops, slacks and pants, outerwear) and clothing maintenance. Detailed information on pattern alterations, with illustrations for specific problems characteristic of scoliosis, is offered. The final item in the resource guide is a bibliography listing available services, catalogs, and books concerned with clothing for persons of all ages with special needs. (DB)

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[Resources on Clothing for Persons with Special Needs]

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CHILDREN'S CLOTHING MODIFICATIONS - AN INFORMATION SHEET

Compiled by: P.R.I.D.E. Foundation
71 Plaza Court
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(203) 445-1448

Evelyn S. Kennedy, Executive Director

This information sheet has been specially developed as an aid for parents of disabled children. The listed resources are not for a specific disability, but the suggestions can be used to provide clothing, grooming, and home management solutions for many handicapping conditions.

The emphasis of this information is on patterns and clothing for children. As you review the suggested styles, notice the features of the pattern that make it appropriate for a disabled child. Keep these in mind when you shop for store purchased clothing as well as for larger sized patterns as your child grows.

As always, your library is an excellent resource center. Review the Readers' Guide to Periodical Literature on a regular basis for current information on your child's disability, as well as listings for children's clothing, rehabilitation, etc. In this information sheet, we have included what might be considered duplicate information so that you will have several publications to look for in your search for information.

We have included additional information about the P.R.I.D.E. Foundation. You may find our publication DRESSING WITH PRIDE especially helpful as you consider adapting store purchased clothing for your child's needs. We welcome the opportunity to provide additional services to you. Please contact us; an order form for P.R.I.D.E. Foundation services and publications is included on the last page for your convenience.

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Services through P.R.I.D.E. Foundation

DRESSING WITH PRIDE depicts alterations and modifications that may be made to store purchased clothing. This self-help book describes in detail how to select, sew, and alter basic clothing for the disabled and elderly. It includes descriptions of clothing for special needs, modification of store purchased garments, wardrobe selection, convenience fasteners, and much more. Price is \$11 postpaid.

The TRAVEL TRUNK SHOW consists of approximately 30 articles and is available on a loan basis. Many garments have been modified and adapted according to instructions in DRESSING WITH PRIDE. Included in the wardrobe are some custom designs with patterns available for consumer use. The rental fee is \$50 plus shipping via UPS. The Travel Trunk Show is available with advance notice from the P.R.I.D.E. Foundation.

The CLOTHING LESSON PLAN is a curriculum guide and lesson plan for use by educators, service providers, and members of health care teams. The educational module is planned for three hours of skills training, with hands-on experience for the trainee. The educational kit includes the Instructor's Outline, Lesson Plan, Resources and References, Transparency Master, and Handouts which contain worksheets. The Lesson Plan is in three parts and may be modified for individual learning situations. The guide encompasses the information needed to modify and adapt clothing for special needs of men, women, and children. Price is \$25 postpaid.

The combination of the TRAVEL TRUNK SHOW and the CLOTHING LESSON PLAN make an excellent resource for In-Service Training of health care professionals, home-health aides, and others providing care to the disabled and elderly. Inquire for details of scheduling.

Special Interest Information Sheets

SCOLIOSIS provides suggestions for clothing selection for men, women, and children with specific guidelines on fashion silhouette, fabrics, and style lines. This is a helpful guide for health care providers, educators, and consumers needing customized garments. The information sheet gives an in-depth description of pattern alteration and clothing modification to achieve comfort, fit, and good styling.

IMPAIRED VISION AND THE BLIND is filled with suggestions for labeling clothing, care and maintenance, and shopping tips. Fastener types are described with emphasis on function and ease in handling. Other topics included are safety, clothing storage, and clothing coordination.

ARTHRITIS provides information about adaptive devices which are easy-to-make or can be purchased for those who encounter problems in dressing, grooming, and bathing. Clothing featuring easy handling fasteners are in the report with emphasis on fashion and good fit detailed for each garment suggested for children as well as adults.

RESOURCES AND CLOTHING FOR SPECIAL NEEDS is a listing of services, catalogs, books, etc., to provide resource suggestions for disabled and their families, educators, and health care professionals. This bibliography includes currently available sources of information as well as sources of clothing for special needs.

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PATTERNS

Butterick Pattern Company

- #3791, for infants. A Ruth Scharf design features infant top, jumper, and jumpsuit. Extra full cut in bib front and waist area is desirable for child wearing a hip brace or body cast. Easy to sew pattern can be made as romper, long-legged, or full-skirted outfit.
- #6034, unisex pajama set with short or long sleeve. Kimono sleeve style permits ease in pulling on or off garments. Long front tab opening can be extended for full length open front closure. Design can be made with mandarin, or reversible faced collar. Pants are full cut and provide room for brace or prosthesis.
- #6710, unisex jacket, jumpsuit, dress, or overalls in one pattern. Jacket features raglan sleeve design and elastic or drawstring waist which provides ease in dressing and growing room. Jumper, jumpsuit, and dress feature a wide bib front and straps across the back shoulder area which may be fastened in the front with Velcro, large snaps, or buttons.
- #6714, unisex, with three sizes in one pattern. The raglan sleeve top has short or long sleeves and a ribbed neck. Style is especially suitable to zipper inserts along raglan sleeve seams (as shown in DRESSING WITH PRIDE) for drop front effect and ease in dressing. Highly recommended for infants to age 6.
- #6972, unisex pattern with cap or full length sleeve, loose top with boat (bateau) neckline, and elastic waist pull-on pants. Suitable for knit and woven fabrics. This pattern includes 12 transfer motifs for appliques which will provide interest and originality to children's clothing. Especially good design for children with limitations such as juvenile rheumatoid arthritis, Down's syndrome, or limited body movements.

Simplicity Pattern Company

- #7113, girl's bib-front designed loose fitting top and blouse. Three styles of sleeve for ease in dressing. Excellent design for child who drools or is learning to self-feed because interchangeable bibs can be made to fit front area and be attached with Velcro or large buttons. Tab-front opening permits ease in putting over the head in dressing.
- #7351, unisex, child's loose fitting top and pull on pants. Top is designed with extra width across chest and waist area for comfort and dressing ease. Pattern is designed so that one sleeve is entirely opened and fastens with large buttons or Velcro. For a child with skin rash/burn or surgical problems, this top would adapt very well. Easy to sew.
- #7537, unisex, child's top and pull-on pants or skirt. Top features short kimono sleeves and keyhole back neck opening. Style is especially suitable to child with Down's syndrome, or one wearing a halo brace or similar body brace. This pattern could be sewn in soft cotton knit fabric, lengthened in the body area, and used as an undergarment to protect the skin and provide warmth and comfort.
- #7630, unisex, two-piece outfit of unlined jacket and pull-on pants or skirt with elastic waist. Dolman sleeve design permits wearing of prosthesis and is easy to put on and take off because design is very "roomy". Choice of pockets.

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PATTERNS

Simplicity Pattern Company (cont.)

#7724, unisex, toddler's version of a running suit. Loose fitting knit top, vest and pull-on pants with or without ribbed cuff. Easy to sew, elasticized waist.

McCall's Pattern Company

#2081, boy's jacket. Raglan sleeved jacket features waist and sleeve areas with or without elastic or ribbed knit cuff. Can be made with or without front zipper. Ideal design for child learning to self-dress by providing good body movement.

#2130, unisex. Pull-on pants with elastic back area. Pants front has pocket choice and and wide tuck pleats. Optional fly front which would be easy to adapt for long front zipper, or a side zipper for easy self-dressing. Garment fullness in waist and pelvic area provides comfort when wearing a pfpapke (hip) or similar body brace.

#2522, girl's jumpsuit. The shoulder closure is designed into the cap sleeve and permits use of fastener such as Velcro and/or large buttons for ease in handling. Elasticized waist provides fullness for comfort and fit and is especially helpful when using a body brace. Large front pockets are welcomed by children for personal treasures. Design is shown in shorts length, pedal pusher, or long length.

#2712, girl's jumper. This loose fitting jumper can be made as a skirt or overalls. The tab shoulders are wide, easy to handle, and adaptable to large fasteners such as Velcro. With extra wide waist, garment can be a pull-on, and features loose gathers at waist to accommodate a body brace or prosthesis.

#9633, boys pull-on pants. Featured in short or full length with or without cuffed elastic bottoms. Especially good for stretch knits or cotton flannel fabric. The yoke from waist to hip area is excellent for comfort and extra body movement.

OTHER PATTERN BOOKS AND SOURCES

DESIGN-&-SEW CHILDREN'S CLOTHES, Bomie Halpern for the Farm Journal; available through Dolphin Books and Doubleday & Company. (Gives instructions to make patterns for basic children's designs; includes curve guide pattern pieces, and measurements for T-2 to T-4 and sizes 4 to 6X.)

NANCY'S NOTIONS SEWING CATALOG, Nancy's Notions, Ltd., P.O. Box 683, Beaver Dam, WI 53916. (Lists patterns for infant, toddler, and children's sportswear, sleepwear, and general wardrobe.)

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BOOKS

Clothing and Dressing

Cheseborough-Ponds, Inc., HOW TO BUY CHILDREN'S CLOTHING, (video tape), Consumer Affairs Department, Cheseborough-Ponds, Inc., 33 Benedict Place, Greenwich, CT 06830. (An in-depth discussion of purchasing guidelines for children's clothing. A \$20 refundable deposit is requested.)

Forbes, Gillian, CLOTHING FOR THE HANDICAPPED CHILD, Disabled Living Foundation, 346 Kensington High Street, London W14, England. (Discusses dressing techniques and training for various disabilities.)

Goldsworthy, Maureen, CLOTHES FOR DISABLED PEOPLE, B.T. Batsford, Ltd., 4 Fitzhardinge Street, London W1H 0AH. (Discusses alterations which can be made to purchased clothing to promote independent dressing; describes pattern alterations for body changes caused by disability.)

Halpern, Bomie, DESIGN-&-SEW CHILDREN'S CLOTHES, Farm Journal, Inc., and available through Dolphin Books and Doubleday & Company. (Gives instructions to make patterns for basic children's designs; includes curve guide pattern pieces, and measurements for T-2 to T-4 and sizes 4 to 6X.)

Hinden, Ruth B., HOW TO MAKE GROW CLOTHES, RBH Publishing Enterprises, 4528 West Charleston Blvd., Las Vegas, NV 89102. (Quick and easy patterns and instructions that make your children's clothes grow with them.)

Hotte, Eleanor, SELF-HELP CLOTHING FOR CHILDREN WHO HAVE PHYSICAL DISABILITIES, National Easter Seal Society, 2023 West Ogden Avenue, Chicago, IL 60612. (Discusses importance of clothing, suitable styles for various disabilities and how store purchased garments may be modified.)

Kennedy, Evelyn S., DRESSING WITH PRIDE, 71 Plaza Court, Groton, CT 06340. (Dressing and grooming suggestions for the disabled; includes alterations and modifications for store purchased clothing.)

Mead, Marjorie, CLOTHING FOR PEOPLE WITH PHYSICAL HANDICAPS, University of Illinois at Urbana-Champaign.

University of Florida, "Shopping for Children's Clothing," Quality Standards in Clothing," "Shopping for Children's Shoes," Cooperative Extension Service, Home Economics Programs, 3002 McCarty Hall, Gainesville, FL 32611.

Home Management

American Association of Retired Persons, THE DO-ABLE, RENEWABLE HOME, Consumer Affairs, American Association of Retired Persons. (Gives practical suggestions for home adaptations to accommodate a disability.)

Davis, Wendy M. and Beaufort Parks, AIDS TO MAKE YOU ABLE, a compilation. (A practical guide for disabled and elderly for maintaining independence; illustrations demonstrate aids, many of which can be easily made.)

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BOOKS

Home Management (cont.)

Hale, Gloria, editor, THE SOURCE BOOK FOR THE DISABLED, Paddington Press by Grosset and Dunlap. (Contains 20-page section on special needs of disabled children; gives illustrated suggestions for increasing independent activities of children. General sections give ideas on modifications to home and personal care items to accommodate disability.)

Harkness, Sarah P. and James N. Groom, Jr., BUILDING WITHOUT BARRIERS FOR THE DISABLED. (Discusses how living spaces can be built to accommodate various disabilities.)

National Handicap Housing Institute, Inc., PRODUCT INVENTORY OF HARDWARE, EQUIPMENT, AND APPLIANCES FOR BARRIER-FREE DESIGN, National Handicap Housing Institute, Inc., 12 South Sixth Street, Suite 1216, Minneapolis, MN 55402. (Lists many household appliances and products that will make home living easier and more convenient for a disabled person.)

General Interest

Coordinating Council for Handicapped Children, HOW TO ORGANIZE AN EFFECTIVE PARENT/ADVOCACY GROUP, Coordinating Council for Handicapped Children, 407 South Dearborn, Room 680, Chicago, IL 60605.

Fullwood, Deborah, A START TO INDEPENDENCE FOR YOUR VISUALLY IMPAIRED CHILD, Royal Victorian Institute for the Blind, 333 Burwood Highway, Burwood, Victoria 3125, AUSTRALIA. (Provides suggestions for a full range of learning activities; tasks are broken down into techniques, equipment, and practice and provide ideas for increasing independence.)

Gault, Elizabeth and Susan Sykes, CRAFTS FOR THE DISABLED, Thomas Y. Crowell Publishers. (Gives ideas and methods for crafts that may be done by the disabled.)

Harris, Jean, THEY TRIUMPHED OVER HANDICAPS. (Biographical sketches of famous and not-so-famous people who overcame physical disabilities to achieve their dreams.)

Jetter, Katherine F., THESE SPECIAL CHILDREN: The Ostomy Book for Parents, Bull Publishing Co., Box 208, Palo Alto, CA 94302. (Contains suggestions for clothing modifications to allow for ostomy appliances, easier changing, etc. Generally an upbeat discussion of life with an ostomy.)

McConkey, Roy and Dorothy Jeffree, MAKING TOYS FOR HANDICAPPED CHILDREN, Prentice-Hall, Englewood Cliffs, NJ 07632.

Miller, Joyce Slayton, SEE ME MORE CLEARLY, Harcourt, Brace, Jovanovich. (Career and life planning for teens with physical disabilities.)

Pfisterer, Ulrich, GAMES FOR ALL OF US, Royal Victorian Institute for the Blind, 333 Burwood Highway, Burwood, Victoria 3125, AUSTRALIA. (Activities and games for blind and sighted children.)

Robinault, Isabel P., editor, FUNCTIONAL AIDS FOR THE MULTIPLY HANDICAPPED, Harper and Row, under auspices of United Cerebral Palsy Associations, Inc. (Describes practical methods for meeting needs of physically disabled for mobility, personal care, communications, etc.)

Roy, Ron, MOVE OVER, WHEELCHAIRS COMING THROUGH!, Clarion Books. (Stories of seven children whose disabilities keep them in a wheelchair. Good for teen/pre-teen.)

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Catalogs

- "Achievement Products for Children," P.O. Box 547, Mineola, NY 11501. (Equipment for handicapped and developmentally delayed children; includes toys, teaching aids, clothing.)
- "Care-Sew-Much Designs," 1920 Sheely Drive, Fort Collins, CO 80526. (Stylish daytime and loungewear; clothing for men, women, and children.)
- "Comfortably Yours, Aids for Easier Living," 52 West Hunter Avenue, Maywood, NJ 07607. (Large selection of home management and personal care items for easier living.)
- "Exceptionally Yours, Inc.," 22 Prescott Street, Newtonville, MA 02160. (Designer casual-wear for special needs children and adults.)
- "FashionAble," Rocky Hill, NJ 08553. (Home management and dressing devices are featured.)
- "Help Yourself Aids," P.O. Box 192, Hinsdale, IL 60521. (Home management, grooming, and personal care products.)
- "Independent Living Aids, Inc.," 11 Commercial Court, Plainview, NY 11803. (Aids and appliances for visually and physically disabled.)
- "Nancy's Notions Sewing Catalog," Nancy's Notions, P.O. Box 683, Beaver Dam, WI 53916. (Lists patterns for infant, toddler, and children sportswear, sleepwear, and general wardrobe.)
- "PTL Designs," Apparel Manufacturing for the Elderly and Physically Handicapped, P.O. Box 364, Stillwater, OK 74074. (Line of garments designed for elderly and physically handicapped; includes designs for children.)
- "Techni-Flair," Designers and Manufacturers of Adaptive Clothing, P.O. Box 40, Cotter, AR 72626. (Easy wear clothing; accepts orders from individuals as well as bulk orders from institutions.)

Miscellaneous Information

- The Exceptional Parent, 296 Boylston Street, Boston, MA 02116. (This bi-monthly magazine explores a variety of issues related to the practical care of disabled children.)
- SHOESTRING, INC., P.O. Box 2311, Ketchum, ID 83340. (Manufacturers of a "tie once, never tie again" elastic shoelace. Available in many colors. Inquire for a retailer near you.)

ORDER FORM

NAME _____

Payable to: P.R.I.D.E. Foundation

ADDRESS _____

71 Plaza Court
Groton, CT 06340
(203) 445-1448

CITY _____ STATE _____ ZIP _____

PAYMENT IN U.S. CURRENCY, PLEASE.

DRESSING WITH PRIDE \$11.00 prepaid

_____ copies @ \$11.00 each \$ _____

CLOTHING LESSON PLAN \$25.00 prepaid

_____ copies @ \$25.00 each \$ _____

TRAVEL TRUNK SHOW \$50.00 plus shipping: Dates Desired _____

or _____

Information sheets (list titles desired) _____

\$3.50 each, postage prepaid

Introduction

Scoliosis is a bone condition in which the spine develops a lateral side to side curve, or bend, of the normally straight backbone. Scoliosis may occur in any part of the spine. It may be single (curved like a "C") or double (curved like an "S"). Scoliosis usually starts in childhood or the teens. It may come from disturbance of growth, paralyzed back muscles, or a short leg.

Clothing for the scoliosis client may need to be adjusted to accommodate the hump in the back shoulder area and on skirts or pants for the leg difference.

Milwaukee Brace

A surgical metal frame called the "Milwaukee Brace" is strapped around the body of a client to brace the spine and correct the curvature. Unfortunately, the most frequent users of this brace are teenaged females who are extremely fashion conscious and aware of their appearance. As many current fashions are unsuitable for one who wears the brace, it is important to select clothing that will disguise or camouflage the surgical frame. Garments should be chosen so that the wearer will be comfortable and not have restricted movement. Careful shopping can result in procuring attractive and well-fitted clothes.

Clothing Selection

Although it is impossible to disguise scoliosis completely, the following suggestions may be used as a guide:

Tops

- * Loose-fitting tops (shirts and blouses) - females might consider maternity tops designed to conceal body outlines. They are usually

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cut longer in front necessitating shortening for an even hemline.'

- * Straight lined, loose jacket type shirts such as worn in the Pacific Islands (Guayabera) which sometimes have placket side openings for added comfort.
- * Raglan or kimono sleeves are more comfortable and easier to put on than garments with set-in sleeves.
- * Avoid fabrics which cling to the body by selecting medium weight, woven or knit goods.
- * A lower or wider neckline is easy to put on and take off. To keep warm in cold weather, wear an underliner of soft knit turtleneck or T-shirt type garment.
- * Tops with front openings are easier for dressing than pull-over tops.

Slacks and pants

- * Slacks or pants should have partial or complete elastic waistband for comfort and ease in dressing.
- * Pants or jeans made of woven fabric should be purchased a size larger.
- * Slacks should be tried on with a brace to be certain that the fit is proper and comfortable. Do not purchase pants if they are not comfortable. Once the person locates a desirable pants manufacturer, then purchase several pairs at one time.
- * For pulling on or taking off slacks, replace the front zipper with one at least 1" to 3" longer in length. The fly front (placket) can extend to the crotch if necessary.

- * Check jeans made for men as the shape is different since the waist section is not tapered and provide a wider cut at the top.
- * Select pants of double knit stretch fabric as they will be more comfortable. A flat surfaced knit fabric will not snag as readily as one with loops, pile, or a textured surface.
- * For durability and laundering, pants should not be light weight; choose medium to heavy fabric.

Outerwear

- * Look for garments containing a nylon fabric lining for ease in dressing, as it will slide on and off readily.
- * Eisenhower or field-type jackets are comfortable and disguise the body distortion. This style is excellent for both sexes.
- * For areas of wear (due to a brace) patches of leather or ultra-suede can be sewn on the outside of the garment for an attractive and fashionable look.
- * Select garments that have the "action" pleat at the shoulder-arm area. Besides being comfortable there is ease in movement. This style is available in many sportswear lines of apparel.

Clothing Maintenance

The brace wearer may have to line (underline) garments with a nylon or polyester fabric to reduce abrasiveness and wearing of holes into the fabric. Nylon fabric is abrasion resistant and slippery so it becomes easier to dress in as much as the garment will glide over the brace. Fusible web available at most fabric stores can be used to hold a patch in place so it can be sewn properly and evenly. Addition of a patch to a new garment

will prolong its life.

Conclusion

Although a scoliosis client may not experience a lot of pain, he or she will have some limitations. The main clothing concerns are: comfort, fit, and appearance. A Milwaukee Brace wearer may need to deal with fabric abrasion as the brace can cause holes in a garment. Fortunately these problems can be overcome with careful selection and clothing modification.

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For Customized or Individually Sewn Garments

PATTERN ALTERATIONS

FIGURE A

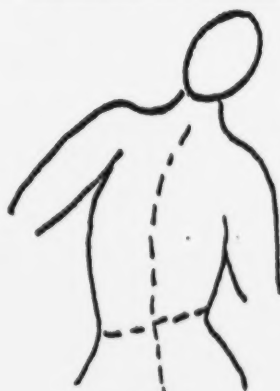


FIGURE B



FIGURE C

Shown above are samples of spinal cord distortion. In order to provide instructions to change commercial patterns, it will be necessary to select the figure which most closely resembles the client's needs. Careful step-by-step instructions are given below to change a commercial pattern for the individual figure.

Pattern Selection

Select a shirt style with a front opening. Set-in sleeves are preferred to raglan for ease in pattern alteration. Avoid a pattern with a front or back yoke. The shirt pattern should be standard in length and cut straight (with or without darts) and loosely fitted. (If darts are included in the

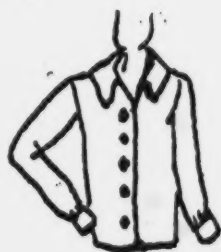


FIGURE 1

style, they should be in the side seam and not the shoulder seam.) The neckline shape can vary. A turn down collar as shown in Figure 1 is useful. Look for basic shirt pattern as they are many available which are attractive and easy to alter.

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Pattern Alterations

The alterations given cover variations from standard proportions. For your particular problem, follow instructions needed and disregard the rest.

In some instances, more than one alteration is required for a single pattern piece. If so, carry out the first alteration on the pattern tissue, then trace a new outline onto paper. Make further alterations on the paper pattern, and then trace a new paper pattern for the final pattern piece. In all situations where an extra seam is added, be certain to provide seam allowances of $5/8$ " (1.5 cm) on the final pattern piece.

1. To shorten the shirt:

Fold the back and front patterns along the lines marked for shortening. Pin in a pleat straight across the pattern. Note that the pleat will take up TWICE its own depth, so measure carefully. Figure 2A.

2. To lengthen the shirt:

Cut across the back and front patterns along the lengthening line on the pattern. Pin a strip of paper behind the two pattern pieces, separating them enough to give the length needed.

Figure 2B.

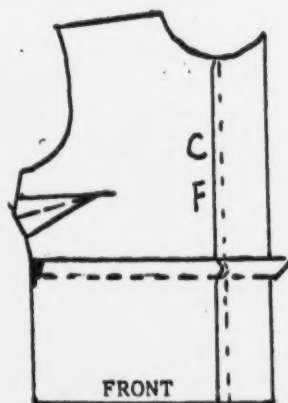


FIGURE 2

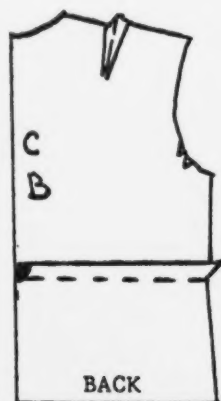


FIGURE 2B

15

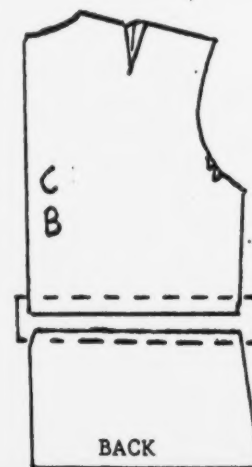


FIGURE 2B

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To Alter Fit for a Curved Spine

The back pattern will need to be lengthened, and the front may or may not need to be shortened. Carefully measure the body from the nape of the neck at the center back to the natural waistline. Check the measurement against the back waist length given on the pattern envelope. The difference is the amount that must be added to the pattern back. Write the figure (addition required) on the pattern tissue.

To Alter Back for Stooped Shoulders - Kyphosis or Humpback - Figure A

Cut the pattern tissue straight across the back level with the shoulder dart, stopping about 1/2" from the armhole seam allowance so that the piece remains attached. Figure 3. Cut away the V-shaped shoulder dart marking. Pin the pattern over a strip of paper, moving the pieces apart to add the extra length needed. The shoulder darts will widen, but the length of the shoulder seam will remain the same when the dart is sewn in. Figure 4.



FIGURE 3

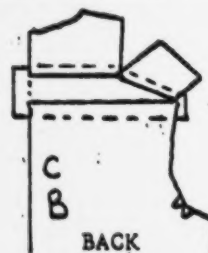


FIGURE 4

To Alter Back for Scoliosis - Figure B

It will be necessary to draw one flat pattern piece for the complete (full) back. Lay the tissue against a piece of paper and trace a left and a right side for the back. Draw a vertical line in the center for "center back" as shown in Figure 5.

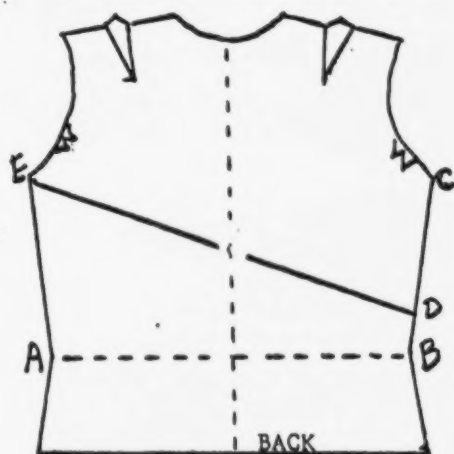
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FIGURE 5

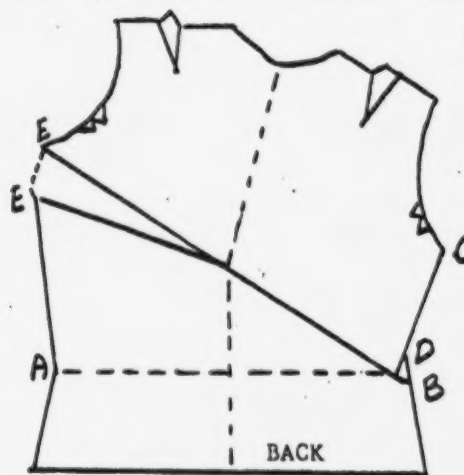


FIGURE 6

Mark the waistline of the back as shown on the pattern, points A and B, as shown in Figure 5. Measure the shorter side of the body from the underarm to waist and mark the length on the appropriate side of the pattern tissue. Mark as points C and D. Draw a line across from point D to the opposite armhole, point E. Carefully cut the pattern from the side seam on each side to the center back. Hold ~~the~~ center back position ^{together at the point} with at least 1-1/4" (3 cm). *so that the pattern will spread apart.*

Bring point D level with point B which will cause the pattern to spread apart on the opposite side, and pin the pattern in place, Figure 6. Lay the tissue pattern over the paper and trace around the altered pattern. Note that the side seam at point E and E will be longer. Draw a smooth line on the opposite side at Point D.

To fit the front bodice, it will be necessary to make the bust darts wider or narrower to fit the figure.

PRIDEa Charitable
FoundationTo Alter Back for Lower Spine Curve - Figure C.

The curvature may be most noticeable approximately 8" (20 cm) down from the nape of the neck. Determine the point of the acute curve, mark the pattern tissue, and cut across the pattern about two-thirds of its width. The cut starts at the center back and goes toward the armhole. Cut as shown in Figure 7 to the seamline at the end of each armhole.



FIGURE 7



FIGURE 8

Spread the pattern apart over a piece of paper, pinning it to provide the extra length needed for the center back. Join the center back line between the two sections of the pattern by drawing a curved line which will become the new seamline. Add a seam allowance of $5/8$ " (1.5 cm) along the entire length. Draw in a straight-grain arrow parallel to the lower part of the center back. Figure 8.

To Alter Shirt Front

Take the center front measurement from the hollow (indent) at the throat to the waistline. Compare this measurement with length on the pattern tissue. The difference is the amount that must be subtracted from the front pattern.

It may be necessary to shorten the front pattern to correspond to the back pattern. Trim off the front facing along the center front line and save the pattern tissue piece. Then cut along the center line of the bust dart to its tip, point A on Figure 9.

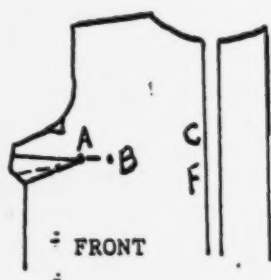
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FIGURE 9

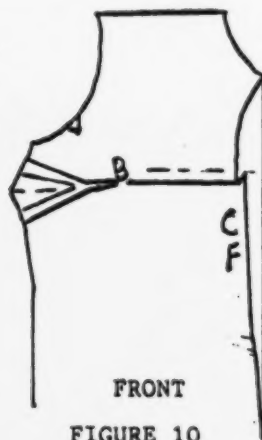


FIGURE 10

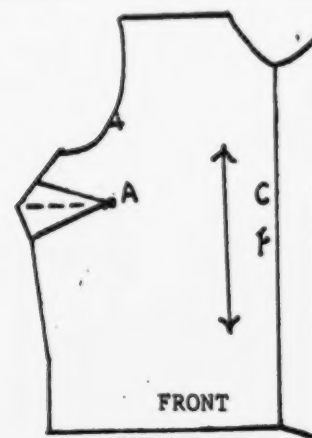


FIGURE 11

(If the pattern does not have this line, measure the middle point of the dart and draw a line. Measure 1-1/4" (3 cm) beyond the tip, point A, and continue the drawn line. Pleat the center front edge to shorten it as needed by the measurements taken from the neck hollow to the waist, Figure 10.

Pin the altered pattern over paper with extra to spare along the right hand side for center front adjustment. Draw a straight line from neck to waist for the new center front line. Redraw the dart from the side seam to Point A and note that the new dart will be wider than the original. The length of the side seam will remain unchanged after the dart is sewn in.

Take in the front facing at the fold line the same amount as shown on the front pattern piece. As the paper folds it will be uneven. Unfold the facing pattern tissue and cut out the piece to be removed. Draw a straight line on the fold line of the facing as was done on the front pattern piece. Join the facing to the front pattern piece as shown in Figure 11. Draw a straight of grain arrow parallel to the center front.

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Promote Real Independence for the Disabled and Elderly

1159 Poquonnock Road, Groton, Connecticut 06340

Conn. WATS 1-800-962-0707

(203) 445-1448

RESOURCES AND CLOTHING FOR SPECIAL NEEDS

A Bibliography

A listing of services, catalogs, books, etc., to provide resource suggestions for disabled and their families, educators, and health care professionals. This bibliography includes currently available sources of information as well as sources of clothing for special needs.

P.R.I.D.E. Foundation

71 Plaza Court
Groton, CT 06340

Evelyn S. Kennedy
Executive Director

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RESOURCES AND CLOTHING FOR SPECIAL NEEDS

Services through P.R.I.D.E. Foundation

DRESSING WITH PRIDE, a recent publication, depicts alterations and modifications that may be made to store purchased clothing. This self-help book describes in detail how to select, sew, and/or alter basic clothing for the disabled and elderly. It includes descriptions of clothing for special needs, modification of store purchased garments, wardrobe selection, convenience fasteners, and much more. Price is \$11 postpaid.

The TRAVEL TRUNK SHOW consists of approximately 30 articles and is available on a loan basis. Many garments have been modified and adapted according to instructions in DRESSING WITH PRIDE. Included in the wardrobe are some custom designs with patterns available for consumer use. The rental fee is \$50 plus shipping via UPS. The Travel Trunk Show is available with advance notice from the P.R.I.D.E. Foundation.

The CLOTHING LESSON PLAN is a curriculum guide and lesson plan for use by educators, service providers, and members of health care teams. The educational module is planned for three hours of skills training, with hands-on experience for the trainee. The educational kit includes the Instructor's Outline, Lesson Plan, Resources and References, Transparency Master, and Handouts which contain worksheets. The Lesson Plan is in two parts and can be modified for individual learning situations. The guide encompasses the information needed to modify and adapt clothing for special needs of men, women, and children. Price is \$25 postpaid.

The combination of the TRAVEL TRUNK SHOW and the CLOTHING LESSON PLAN make an excellent resource for In-Service Training of health care professionals, home-health aides, and others providing care to the disabled and elderly. Inquire for details of scheduling.

Special Interest Information Sheets

SCOLIOSIS provides suggestions for clothing selection for men, women, and children with specific guidelines on fashion silhouette, fabrics, and style lines. A guide for health care providers, educators, and consumers needing customized garments. An indepth description of pattern alteration and clothing modification to achieve comfort, fit, and good styling.

IMPAIRED VISION AND THE BLIND is filled with suggestions for labelling clothing, care and maintenance, and shopping tips. Fastener types are described with emphasis on function and ease in handling. Other topics included are safety, clothing storage, and clothing coordination. Resources for hand and machine sewing are listed.

ARTHRITIS provides information about adaptive devices which are easy-to-make or can be purchased for those who encounter problems in dressing, grooming, and bathing. Clothing featuring easy handling fasteners are in the report with emphasis on fashion and good fit detailed for each garment suggested for children as well as adults.

Custom Patterns for Special Garments

Wheelchair Cape - One piece cape with back cut high provides comfort and warmth. Circular cape has ribbed neckband to easily pull over the head. Arm openings are conveniently located at the waist for ample movement and are reinforced with foldover color coordinated tape. Cape curved outer hem edge eliminates danger of garment being caught in wheels of wheelchair. Available in Petite, Small, Medium, and Large sizes. This design is copyright.

#P 101 - \$6.50

Wheelchair Dress - Open backed wrap-around dress with a removable back panel for modesty when transferring. Neckline can be cowl, oval or turtleneck. Short cape sleeves provide comfort and movement. Dress can be worn with or without a blouse or sweater coordinate. Available in sizes 6 to 22. This design is copyright.

#P 102 - \$4.50

Open Backed Nightgown - Attractive fully cut nightgown has wide overlap in back for warmth and convenience in toileting. Gown opens flat for ease in dressing and is secured at each shoulder with Velcro fasteners. Long sleeves are gathered at the cuff with or without elastic. Optional length, long or short. Available in Petite, Small, Medium, and Large sizes. This design is copyright.

#P 120 - \$6.50

Open Backed Johnny Coat (Convalescent Gown) - Convenient dressing and toileting is made possible with this fully cut, open backed gown. Comfortably gathered at the yoke, the back is closed with self fabric ties. Raglan sleeves are gathered with elastic or may be cuffed. Pattern is available in Petite, Small, Medium, Large, and Extra Large sizes. This design is copyright.

#P 122 - \$6.50

Tabard - A tabard easily slips over the head with a large neck opening. Front and back are secured at side with buttons, snaps, or Velcro fasteners. Large pocket across the front catches crumbs and spilled food. Can be lined with plastic or terry to make tabard waterproof. All edges are finished with foldover tape or binding of self fabric. Available in sizes Small, Medium, and Large. This design is copyright.

#T 132 - \$2.50

Training Vest - A vest for rehabilitation training to encourage manipulation of many types of fasteners, to increase finger dexterity, dressing skills, and independence in dressing. Vest opens flat for convenient dressing in prone or seated position. Features graduated buttons and various fasteners. Available in Petite, Small, Medium, Large, and Extra Large sizes. This design is copyright.

#T 135 - \$6.50

All patterns may be ordered directly through the P.R.I.D.E. Foundation, 1159 Poquonnock Road, Groton, Conn. 06340. When ordering, please specify pattern number and size required. Prices include postage.

Catalogs

Betty Butler, Inc., P.O. Box 51, Tenafly, NJ 07670. (LapWrap designed for the wheelchair user.)

Caradine of California, P.O. Box 22754, San Diego, CA 92122. (A collection of easy wear women's clothing for work, home, and convalescence featuring Velcro fasteners and front closures for easy access. Fabric swatches available with SASE.)

Care-Sew-Much Designs, Dr. Marcile Wood, 1920 Sheely Drive, Ft. Collins, CO 80526. (Stylish day and loungewear. Clothing for men, women, and children. Send \$1 for order kit and fabric samples.)

Comfortably Yours, Aids for Easier Living, 52 West Hunter Avenue, Maywood, NJ 07607. (A large selection of home management and personal care items for easier living.)

Damart Thermolactyl, 1811 Woodbury Avenue, Portsmouth, NH 03805. (An extensive collection of thermal garments designed for warmth without weight.)

Disabled Clothiers of California, Inc., P.O. Box 420, Shingle Springs, CA 95682. (Clothing is custom made on receipt of order; garments for men and women.)

Dressing With Pride, P.R.I.D.E. Foundation, 1159 Poquonnock Road, Groton, CT 06340. (Provides suggestions for the alteration and modification of store purchased clothing as well as illustrations and descriptions of patterns available for consumer use. \$11 postpaid.)

FashionAble, Rocky Hill, NJ 08553; 50¢. (Home management and dressing devices are featured.)

Geri-Specials, Evelyn Reedy Industries, Kinderhook-368, Dragon Lake Road, Goldwater, MI 49036. (Convalescent and home wear for men and women with dressing problems.)

Hammons, Stella, Ventura Research & Rehabilitation for Handicapped, Inc., 535 Lawton Avenue, Danville, IN 46122.

Help Yourself Aids, P.O. Box 192, Hinsdale, IL 60521. (Home management, grooming, and personal care products.)

I Can Do It Myself, 3773 Peppertree Drive, Eugene, OR 97402. (Designs for men, women, and children to promote independent dressing.)

Independent Living Aids, Inc., 11 Commercial Court, Plainview, NY 11803. (Aids and appliances for visually and physically disabled.)

M & M Health Care Apparel Co., Fashion Collection, 1541 60th Street, Brooklyn, NY 11219. (Fashions for the senior figure. Styles for men and women include Velcro and zipper closures along with undergarments, footwear, etc.)

Catalogs (cont.)

Men's and Ladies Fashions for the Wheelchair Set, Leinweber, Inc., Custom Tailors, 69 W. Washington Street, Chicago, IL 60602.

Nu-Vogue Creations, 812 Huron Road, Cleveland, OH 44115.

On The Rise, Clothing for Special People with Special Needs, 2282 Four Oaks Grange Road, Eugene, OR 97405. (Clothing for men, women, and children which may be ordered with options to suit special needs.)

Pirca Fashions, 901 Third Avenue, Sacramento, CA 95818; \$1.00. (Features clothing specially designed for wheelchair or crutches user. Suits, casual clothing, and outerwear are included.)

PTL Designs, Apparel Manufacturing for the Elderly and Physically Handicapped, P.O. Box 364, Stillwater, OK 74074; \$1.00. (Line of garments designed for elderly and physically handicapped; includes designs for children.)

Reflections, 15 E. 48th Street, 2nd Floor, New York, NY 10017. (Mastectomy Boutique features swimwear, undergarments, and nightwear.)

Sears Home Health Care Catalog, Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. (Clothing featuring convenience fasteners, front openings, etc.)

Regenesis Boutique, 18 E. 53rd St., 14th Floor, New York, NY 10022.

Sitting Pretty/Sitting Proud, 5035 Nautilus, Oxnard Shores, CA 93030. (Dressy and casual garments with features for disabled and handicapped.)

Smith, Vivian, Handee for You, 7674 Park Avenue, Lowville, NY 13367; \$1.00.

Techni-Flair: Designers and Manufacturers of Adaptive Clothing, Box 40, Cotter, AR 72626. (Easy wear clothing for men and women; accepts orders from individuals as well as bulk orders from institutions.)

Booklets, Pamphlets, and Brochures

Accessible Fashions, Thompson and Voorhees, National Access Center, 1419 27th Street N.W., Washington, D.C. 20007.

Adapt Your Own, On Your Own Program, Beasley, Burns, and Weiss, Office of Independent Study, Division of Continuing Education, University of Alabama, P.O. Box 2967, Tuscaloosa, AL 35486; \$1.00. (A clothing brochure for people with special needs.)

Clothing for the Handicapped, Sister Kenny Institute, Abbott-Northwestern Hospital, Publications & Audiovisuals Office #305, 2727 Chicago Avenue, Minneapolis, MN 55407; \$3.00.

Clothes for Independent Living, Bernetta Kahabka, Cooperative Extension Service, Michigan State University, East Lansing, MI 48824; 90¢.

Booklets, Pamphlets, and Brochures (cont.)

Clothes for the Physically Handicapped Homemaker (with features suitable for all women), Agricultural Research Service, U.S. Dept. of Agriculture, Washington, D.C. 20250.

Clothes to Fit Your Needs (for the Physically Limited), Cooperative Extension Service, Iowa State University, IA 50010; 1974.

Convenience Clothing and Closures, Talon Consumer Education Dept., 41 East 51st Street, New York, NY 10022.

Fashions for People Who Need Specially Designed Clothes, Functionally Designed Clothing and Aids for the Chronically Ill and Disabled, People Helping People, Vocational Guidance and Rehabilitation Services, 2239 E. 55th Street, Cleveland, OH 44103.

Self-Care for the Hemiplegic, Sister Kenny Institute, Abbott-Northwestern Hospital, Publications & Audiovisuals Office #305, 2727 Chicago Avenue, Minneapolis, MN 55407.

Sewing Techniques for the Blind Girl, S. Jones, 1970 (Large type or Braille), American Printing House for the Blind, P.O. Box 6085, Louisville, KY 40206.

Velcro Sewing Manual, Velcro USA Inc., P.O. Box 5218, Manchester, NH 03108, 1983.

Books

Anderson, Hoyt, THE DISABLED HOMEMAKER, Charles C. Thomas, Chicago, IL, 1981.

Bower, Miriam T., CLOTHING FOR THE HANDICAPPED: FASHION ADAPTATIONS FOR ADULTS AND CHILDREN, Sister Kenny Institute, Abbott-Northwestern Hospital, Publications & Audiovisuals Office #305, 2727 Chicago Avenue, Minneapolis, MN 55407.

Brown, Adele, SO WHAT ABOUT SEWING, Volumes I & II, Catholic Guild for the Blind, 180 N. Michigan Avenue, Suite 1720, Chicago, IL 60601; \$10.00.

Caddel, Kay, MEASUREMENTS, GUIDELINES AND SOLUTIONS, P.O. Box 5217, Lubbock, TX 79417; \$3.00.

Cary, Jane Randolph, HOW TO CREATE INTERIORS FOR THE DISABLED, Pantheon Books, New York, NY, 1978; \$5.95.

Cruzic, Kathleen, DISABLED? YES. DEFEATED? NO, Prentice Hall, Inc., Englewood Cliffs, NJ 07632 (Resources for the disabled and their families, friends, and therapists.)

The Disabled Living Foundation, HOW TO ADAPT EXISTING CLOTHING FOR THE DISABLED (1971), PROBLEMS OF CLOTHING FOR THE SICK & DISABLED (1966), CLOTHES SENSE FOR HANDICAPPED ADULTS OF ALL AGES (1973), CLOTHING FOR THE HANDICAPPED CHILD (1971), 346 Kensington High St., London W14 8NS, England.

Books (cont.)

Goldsworthy, Maureen, CLOTHES FOR DISABLED PEOPLE, B.T. Batsford, Ltd., 4 Fitzhardinge Street, London W1H 0AH England. (For the disabled, a relative or friend, in planning for clothing needs. Includes suggestions for persons without full use of both hands.)

Hale, Gloria, SOURCE BOOK FOR THE DISABLED, Paddington Press, 45 Madison Avenue, New York, NY 10038; \$15.95. (An illustrated guide to easier, more independent living for physically disabled people, their families and friends.)

Hinden, Ruth B., HOW TO MAKE GROW CLOTHES: FASHIONS THAT GROW WITH BOYS AND GIRLS, RBH Publishing Enterprises, Advertising Unlimited, Ltd., 4528 West Charleston Boulevard, Las Vegas, NV 89102.

Hollingsworth, Shelagh, KNITTING AND CROCHET FOR THE PHYSICALLY HANDICAPPED AND ELDERLY, B.T. Batsford, Ltd., 4 Fitzhardinge Street, London W1H 0AH England.

Hotte, Eleanor Bottke, SELF-HELP CLOTHING FOR CHILDREN WHO HAVE PHYSICAL DISABILITIES, National Easter Seal Society, 2023 West Ogden Avenue, Chicago, IL 60612; \$2.25

Holly & Welborn, THE COVER-UP, NECKWEAR FOR THE LARYNGECTOMEE AND OTHER NECK BREATHERS, College Hill Press, Houston, TX 77035; \$15.00.

Kennedy, Evelyn S., DRESSING WITH PRIDE, Thames Printing, 1159 Poquonnock Road, Groton, CT 06340, 1981; \$11.00 postpaid.

Kernalaguen, Anne, CLOTHING DESIGNS FOR THE HANDICAPPED, University of Alberta Press, Edmonton, Alberta, Canada, 1978. (Directions for altering ready-to-wear clothing and patterns to allow for special needs.)

Klinger, Judith Lannefeld, SELF-HELP MANUAL FOR THE ARTHRITIS PATIENT, Arthritis Foundation, 3400 Peachtree Road N.E., Atlanta, GA 30326, 1974. (Ideas for time management, joint protection, general health, & aids for daily activity.

Lasser, Terese, REACH TO RECOVERY, Simon & Schuster, New York.

Lunt, Suzanne, A HANDBOOK FOR THE DISABLED, IDEAS & INVENTIONS FOR EASIER LIVING, Charles Scribner's Sons, 1983; \$10.80.

Margerum, Jean B., CLOTHING FOR PEOPLE WITH SPECIAL NEEDS, School of Home Economics, University of Nevada, Proceedings of Conference/Workshop, Reno, NV 89557, 1980.

May, Elizabeth, et al., INDEPENDENT LIVING FOR THE HANDICAPPED & ELDERLY, Houghton Mifflin, College Division, Wayside Road, Burlington, MA 01803, 1974; \$16.95.

Mead, Marjorie, CLOTHING FOR PEOPLE WITH PHYSICAL HANDICAPS, Cooperative Extension Service, University of Illinois at Urbana-Champaign, Urbana, IL 61801.

Books (cont.)

Ocone & Thabault, TOOLS AND TECHNIQUES FOR EASIER GARDENING, Gardens for All, 180 Flynn Avenue, Burlington, VT 05401; \$4.00.

Parrish & Nugent, FIT AND FLATTERY FOR THE OVER FIFTIES, Instructional Materials Laboratory, University of Missouri-Columbia, 8 Industrial Education Bldg., Columbia, MO 65201; \$2.00.

Pinckney & Swenson, YOUR NEW IMAGE (women), and NEW IMAGE FOR MEN, Publishers' Marketing Group, 1343 Columbia-Suite 405, Richardson, TX 75081. (Suggestions for improving appearance through color and wardrobe selections.)

Redick, Sharon Smith, A GUIDE FOR TEACHING GROOMING AND CLOTHING, Iowa State University, Ames, IA 50011.

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* A professional staff member is available to conduct a work- *
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* with appropriate visuals. *
*
* Contribution to the P.R.I.D.E. Foundation, *
* plus transportation costs. *
*
